Preparing for Tests and Exams.

One of the things that I have noticed over the past 28 years of teaching, is the increase in students displaying symptoms of anxiety, particularly in taking exams or preparing for assessment tasks. All students are faced with having to do exams. So what can parents do to help their children prepare well.

The first thing to remember is, everyone gets stressed during tests and exams, even the people who say that they don’t. Look around in a room where people are doing a test or exam. Even those people who are yawning, looking bored or stretching, are stressed. All students need to learn how to cope with these feelings. Stress can block your memory, make you feel sick, make you lie awake at night, give you a dry throat or a headache.

According to Andrew Fuller, one of Australia’s top psychologists, one strategy to deal with stress is to get stressed. Stress is actually your body’s way of getting ready to take on a challenge. Stress prepares you to perform at your best. Blood gets pumped to your arms and legs, your heart speeds up, and nonessential services like your digestion slow down—you are ready to take on the world. So stress might feel unpleasant but realising that it is your body’s way of revving you up and helping you to perform at your best, will help you to keep these feelings in perspective. (Andrew Fuller, www.andrewfuller.com.au)

Study times – Help your child to take a break when they have been studying for 50 minutes. This will help them get fresh oxygen to their brain and they can reset for maximum concentration.

Schedule what you will do in break times – Encourage your child to go for a walk or run, shoot some baskets or dance.

Breakfast – Provide your children with “brain food” the morning before a test or exam. Have a higher protein, lower carbohydrate mix at breakfast. That means less toast and more eggs. Drink water- water lowers your levels of cortisol that causes stressful feelings. Avoid energy drinks as they rev you up and may interfere with your levels of concentration. (Andrew Fuller)

Sleep well – try to get a good night’s sleep the night before a test or exam. Make sure that you help your children to keep their normal sleep patterns. I.

Students should aim to sleep 9.25 hours per night for optimum brain function. Students could keep a notepad on the bedside table to stop diarrhoea of the brain and make notes if they can’t sleep. If your child is feeling really worried, set an alarm so they can wake up early and do some revision.

Exam Timetable – Stick your child’s assessment schedule or exam timetable on the fridge so that everyone knows what time the exams start.

Breathing – Teach your children some simple techniques such as breathing slowly. When you feel stressed one of the fastest ways to calm down is to breathe out slowly. We all have a calm down system that is controlled by our breathing. If you breathe out and count silently to yourself, “one thousand, two thousand, three thousand”, you will start to feel calmer. (Andrew Fuller)

If everything is all getting too stressful at home – seek help. Speak to your child’s teachers, Year Patron or School Counsellor. We are here to help you.

Mrs Lorrae Sampson
Let’s Play!

I’m sitting at Flipout which is my assigned school sport this term. I’m often coaching a sport but have been rotated to a more passive duty this term. It is really quite something if you haven’t ever been to Flipout and well beyond this 40 something body, but not for this group of 40 teenagers!

I can observe students throwing themselves onto the trampoline walls or bouncing on the spot going higher and higher with each leap. There are no set patterns or rules in their play. They are just enjoying themselves and interacting with their friends. Others sit and chat for a brief reprieve and one applies an ice pack to a newly acquired minor injury.

Play without a video game is almost a novelty these days which is why the play of these teenagers today is so striking. However, play is in the development of young for many reasons, including their spiritual development.

When we play we explore ourselves and the world around us. Our curiosity is engaged and we look at our place in the world and our relationship to others. The pure joy we experience at play elevates us behind the everyday-ness of our existence. We ponder our world and our place in it, questioning, celebrating and expressing gratitude.

Play is particularly important for the development of younger children but it is beneficial for all to remember the child within. One researcher commented “It is through play that children become adept at imagining. It is through imagining that we, as adults, can consider new possibilities and transcend our present reality” (Myers, 1997).

A child can easily be taken away by the moment and spontaneously direct their joy at life to a God who enables us to play, enjoying our lives, each other, God’s creation and the creator himself. We adults can be very serious people and it is to our great loss.

I can’t see myself bouncing off the walls of Flipout but maybe I should give it a try! My observations of our students was a reminder of the power of play. I need to play more and I guess I’m not alone in that.

Mr Jim Dayhew

Cambodia / Vietnam

In just a few weeks a group of Year 11 students will head off to Vietnam and Cambodia. During this time away they will experience the many contrasts that Asia has to offer. Exotic locations, delicious food, the wonderful architecture of Angkor Wat as well as recent tragic history such as the Killing Fields and Cu Chi Tunnels.

While these experiences are valuable in their own right, there are other reasons that we keep going back to Cambodia and Vietnam each year. Our work certainly helps provide families in need with housing. Our work also helps provide schools in low socioeconomic areas of Vietnam with better resources for teaching students. Our students come away from these experiences with changed hearts and attitudes. They have a heightened sense of gratitude for the good things they enjoy in Australia as well as a desire to use their skills and abilities to help those in need.

Those that are not going to Cambodia and Vietnam shouldn’t feel that they have any less opportunity to take part in service learning. I have been encouraged over this term by the number of students who have given their time and energy to helping others in our community. Well done to all involved.

World Vision Youth Conference

Another group of similarly service minded students recently took part in the World Vision Youth Conference held at Luna Park last Wednesday. At the conference students were challenged to think how they could make a difference in the world around them. Here are some of their reflections on the day:

“The World Vision Youth Conference; ‘Stand’, was a fun and eye-opening experience. Throughout the day, we were faced with different things including a simulation game that was based on the influence & power, as well as a few confronting yet enlightening speeches from the hosts of the conference & the youth ambassadors about world inequality and how we can help, which really inspired myself and many others to really think about the world in which we live & change the negatives in this world” Rahni Urquhart-Jack (Y10)

“The World Vision Youth Conference equipped me with a greater understanding of inequality around the world, the conference created an atmosphere in which we could better understand the harsh living conditions of people in locations such as East Timor were many young children have made immense sacrifices to provide for their own families. As students we became empowered with knowledge and were provided with the opportunity to stand up for poverty and injustice across the world. The Conference provided us with skills and ideas which we can use to promote awareness as well as helping those in need.” Jemima Morgan (Y11)
“The world vision youth conference was so inspiring for me as a young future leader. It was amazing to see the problems in which we face today and the solutions in which we can be involved in to make our world a better place.”  

Jordan Hockey (Y10)

“I really enjoyed the conference, it was inspiring to listen to people’s stories. I loved learning about power, poverty and injustice. It was really informative and it makes me want to do something to help! I always love going to conferences etc. so this was such a great experience. “  

Blitney Bierlton (Y10)

**NAC Cookbook**

Our P&F do a great job in support of the College and have raised funds over the years that enrich the learning experiences of our students. In this newsletter you will find some information regarding the creation of a NAC Cookbook. I would love all families to get behind this, to contribute some great family recipes, and of course to buy the cookbook! All funds go towards our facilities and ultimately back to be used by our students.

Mr David Hamaty

“...be of huge benefit to the students, especially in the mornings at junior school assembly and afternoons when students are waiting for a bus. The Junior School disco is coming up on the social calendar. The P&F will be rocking it out at the Junior School disco and we will need parents help in baking some disco food and helping out on the afternoon. If you decide to come along and assist please note you will need to sign in as a school visitor.

The P&F are delighted to share with you that they are producing a NAC Family Cookbook. We believe this to be a wonderful way of sharing family favourite recipes, whilst raising money for our school. This initiative can only be a success with your help. In fact, we need the entire school to actively support the project in various ways. The main way you can help right now, is by submitting your favourite family recipes. These could be your favourite snacks, or delicious deserts handed down from generation to generation. Or, Perhaps, something that you and your family love to cook and eat at weekends.

Photos or drawings relating to the recipe can add to the interest and help illustrate the recipe so please don’t shy away from using your creative flare, or including a photo of your family enjoying your recipe.

Our aim is to have the book completed and published by the end of term 3 in time for Christmas as it will make a perfect Christmas gift for loved ones (Mums, Dads, Grandparents, Carers, Uncles and Aunts etc).

The chapters will include soup, salads, pasta/noodles/rice, poultry, meat, seafood, vegetarian and sweets, so all your favourite recipes can be included. To ensure deadlines are met, recipes must be submitted before 1 July 2015.

A note on how to submit a recipe will be sent in a letter to all students. The P&F will also be holding a competition for the cookbook’s naming and artwork, which will be open to all students. No recipes can be received after this date. If you have any queries please contact Lisa Evans (lisajevans0909@gmail.com)

**Mark it in your diaries:**

- 16th June  Junior School Disco
- 1st July  NAC Cookbook Recipe Deadline
- 16th June  P&F meeting 7pm
- 20th July  P&F meeting 7pm

**Parents and Friends**

A message from Serena, P&F President...

I wanted to start by thanking all the parents and carers who have supported us in our fundraising efforts so far this year. All the funds raised by the P&F will be going towards replacing the shade cloth in the main assembly area to a water proof shade cloth. The new waterproof shade cloth will help. In fact, we need the entire school to actively support the project in various ways. The main way you can help right now, is by submitting your favourite family recipes. These could be your favourite snacks, or delicious deserts handed down from generation to generation. Or, Perhaps, something that you and your family love to cook and eat at weekends.

Photos or drawings relating to the recipe can add to the interest and help illustrate the recipe so please don’t shy away from using your creative flare, or including a photo of your family enjoying your recipe.

Our aim is to have the book completed and published by the end of term 3 in time for Christmas as it will make a perfect Christmas gift for loved ones (Mums, Dads, Grandparents, Carers, Uncles and Aunts etc).

The chapters will include soup, salads, pasta/noodles/rice, poultry, meat, seafood, vegetarian and sweets, so all your favourite recipes can be included. To ensure deadlines are met, recipes must be submitted before 1 July 2015.

A note on how to submit a recipe will be sent in a letter to all students. The P&F will also be holding a competition for the cookbook’s naming and artwork, which will be open to all students. No recipes can be received after this date. If you have any queries please contact Lisa Evans (lisajevans0909@gmail.com)

**Mark it in your diaries:**

- 16th June  Junior School Disco
- 1st July  NAC Cookbook Recipe Deadline
- 16th June  P&F meeting 7pm
- 20th July  P&F meeting 7pm

**Parents and Friends**

A message from Serena, P&F President...

I wanted to start by thanking all the parents and carers who have supported us in our fundraising efforts so far this year. All the funds raised by the P&F will be going towards replacing the shade cloth in the main assembly area to a water proof shade cloth. The new waterproof shade cloth will...
Bonjour! French exchange students are coming!

In 2013 a group of students from NAC had the privilege of visiting a High School in Nouméa. Their students were learning English and our students practised their French. Excitingly, those students are coming to visit us here in Nowra in September giving our community the opportunity to repay the hospitality our students experienced!

There will be 25 students and 3 teachers.

We are looking for families to host students for 6 nights. You don’t need to be able to speak French because they are coming to practise their English.

Date: Wednesday the 2nd to Tuesday the 8th September 2015

Number of students to billet: 24

Host families will need to:
- Complete a Working With Children Check (WWCC) for each resident adult. This is free and involves an online form, along with an ID check at the RTA.
- Attend a briefing to ensure all families are well informed and equipped.
- Provide safe transport to and from school (the local bus companies typically offer free travel to international exchange students).
- Provide all meals and suitable accommodation (preferably the exchange student would have their own room).

We would love to establish contact between host families and their billets before they come and so would encourage students to correspond by email or Skype as soon as next term.

This is a fantastic opportunity for a multicultural experience. Can you help us by hosting a student? Please let me know if you can help!

Yours sincerely

Yves Riou
French teacher

Vanuatu bound

In just under two weeks my family and some other members of the College (both past and present) will travel back to Vanuatu to rebuild the Mele Village Library. This has been made possible by the kind support of the College community.

As you will be aware my family and I were heart-broken by the destruction left by Cyclone Pam in April. The library had the roof and door ripped off, shelves torn from the walls due to the strong winds and all of the books and furniture destroyed. Mr Dave Izard (Defence Force Liaison Officer) travelled over to Vanuatu not long after the cyclone to help rebuild in other areas and was able to visit the library and take the photos you see here.

Within two weeks the school had organised a mufti day and book drive. Over $1300 was raised and donated to Givhans Charity in order to help pay for the container which will send over the 1200 books that were donated by the primary students of the College.

We have received many messages from the village saying they are very worried that the library will not be rebuilt, some of these were “In any way possible (we can help) so the kids can have a place to spend their free time and also run some reading classes during the weekends” and “Many borrow especially adults as for kids only few because I normalyl do reading classes on Sundays to help children with their reading” from our librarian. These message reinforce our hopes that the library was making a difference and the fact that the village now know we will stand by them even when they face such a disaster is huge thing for them.

Not only will we continue to support the Mele Village library but along the way we have become very close to a family over there. Bula helps manage the library and his wife was heavily pregnant when the cyclone hit. She gave birth to a healthy little boy exactly one month later and asked us to name the baby. We called him “Jervis” after the area that has supported his village with the library. In two weeks we will travel back and with Bula’s help will rebuild the library and the books will arrive shortly after, with the library being reopened in August.

We will write again after our visit and send some photos of the village the College community has helped and of course baby Jervis.

Mrs Laura Turner

More devastating than the library was the fact that most of the villagers had little food or clothing, so thanks to some high school students we were able to quickly donated about 20 boxes of clothes that arrived within 2 weeks of the disaster and was distributed to villages in need. We received photos of the boxes being distributed in Vanuatu complete with messages of prayers written on them from our students.
### SENIOR SCHOOL NEWS

#### Student Leaders Day 2015

On Wednesday 27th May, our College Captains Daniel Hockey and Imogen Riordan represented Nowra Anglican College at Student Leaders Day 2015.

The day began at NSW Parliament House where students met with MP’s and Ministers including our own local MP, Gareth Ward. They observed Question Time in the Upper and Lower House, which included very interesting debates on new legislation and amendments.

After a brief lunch and a tour of Parliament House from Mr Ward, the students made their way to Government House where they met with the Governor, His Excellency General The Honourable David Hurley.

Both Daniel and Imogen represented the College with pride, posing questions to the Governor about his interests and encouraging him to visit the Shoalhaven and the outstanding projects happening in our area.

#### Pushing Limits in the Hillary Challenge

SAS and NAC teams placed well at the recent Hillary Challenge State Championships. The youth based adventure race, run by OEG, featured team problem solving challenges, a night rogaine (orienteering), environment project and multi-sport race. The SAS mixed team placed 3rd overall out of the 10 teams after winning the Challenge phase and coming in 3rd in the multi-sport. NAC boys dominated the night rogaine, the only team to find every checkpoint. This helped them to a 5th place after a wrong turn in the multi-sport prevented them from ranking higher.

The event helps to develop leadership, teamwork, conservation-mindedness, resilience, problem solving and pushes students’ mental and physical limits. It’s also a lot of fun! After a last minute injury to Jacob Monte, Morrison Lee from Ulladulla High joined Anna Smith, Sam Woods and Ruth Potter on the SAS team. The NAC team consisted of James Baccarini, Lucas Logan, Nathan Brown and Lachlan Capner. Students from three schools working so closely together was a great regional effort and display of unity. Thanks to Pat Devlin, our student team manager who helped organise the team and acted as support crew over the weekend.

#### Bundanon 2015 Visual Arts Camp

Recently students from the Visual Arts classes of Years 11 & 12 Visual Arts had their annual overnight excursion to the culturally significant properties of Bundanon and Riversdale where iconic Australian artist Arthur Boyd called home and created so many of his artworks. Boyd gifted these properties and a personal collection of artworks to the nation in 1993. “This was born out of Boyd's often stated belief that ‘you can’t own a landscape’ and the wish that others might also draw inspiration from this remarkable place.” And inspirational it is; we had an informative tour of the Boyd homestead which is a stunning sandstone home that was built in the 1860’s by the Mackenzie family.

Through this experience the students gained a personal understanding of Australian art history by exploring Boyd’s home and personal artmaking studio space. At the Riversdale property we all stayed overnight in the Boyd Education Centre. Whilst we refer to this as a camp, the accommodation facilities are extraordinary. The building was designed by Glenn Murcutt and has won numerous international awards. Of course this place fosters a sense of tranquility and serenity that enabled the students to explore their creativity, make personal connections to Australian art history and enjoy the company of others on a similar journey. In addition to the tours students also undertook artmaking workshops in a variety of media and artmaking processes. The Bundanon Trust runs events open to the public throughout the year and is open for visitors—a great picnic opportunity too.

Cooking up a storm

Lauren Hemsworth and Mia Hughes represented our schools at the HTN interschools Culinary Challenge at Campbelltown TAFE/South West Sydney Institute.

The HTN Inter Schools Culinary Challenge is coordinated to highlight careers in Commercial Cookery and to showcase the culinary skills of students studying hospitality in high school as well as learn some tricks from a leading local Chef. The key focus of this event is on “technical skill” and the ability to present a dish as shown on the day for a panel of industry judges.

The students worked as a team to create pan-fried portioned spatchcock, lyonnaise potatoes, creamed spinach and dutch carrots. The feedback from the chef judges was that Mia and Lauren worked as a highly effective team and that the quality of their work was of industry standard. They just needed to salt their food a touch more! Lauren and Mia won second prize in today’s competition and were awarded silver medals.

Rugby Wrap Up for Term 2

It has been a massive two weeks for NAC Rugby. After training for most of the term the boys (and girls) have been able to put their skills into action.

Our first competition was the Illawarra 7’s competition and we entered teams in the u14’s, u16’s, u18’s and girls.

The U14’s led the charge coming into the final series undefeated leaving Holy Spirit, Shellharbour Anglican and SHCS in their wake. They headed into the finals series but were unlucky to go down to Illawarra Sports High school. Best players were Cooper Thomson, Aiden Wearne and Patrick Orr. The U16’s also swept all before them beating many schools who were three times the size of our school. They also entered the semi’s and in a torrid struggle defeated our arch rivals Shellharbour Anglican in a fast and bruising encounter. They went into the final against Illawarra Sports High and after an unfortunate mathematical calculation kicked away certain victory. The boys were terribly unlucky as they were the best team there on the day but that is what makes sport so fantastic! The u18’s also went through to the finals but ran into an extremely talented team from St Josephs in the semi’s. The whole U16 team were the best players on the day while the u18’s had Lloyd Herron, Jacob Barnes and Dane Bowen leading the way with Corey Finch making a spectacular return from injury. The girls were only learning the game and came away with big smiles on their faces despite being blown away by both of their opponents convincingly.

Nowra Anglican was the only school in which all of it’s age groups made the finals and every student gave their all in a great day of rugby.

Recently our Open squad played in the Waratah Cup against local powerhouse teams Edmund Rice, St Josephs and the 7’s champions Nowra High. We went down in extremely tense and tight encounters against Edmund Rice and St Josephs but we recorded our first ever victory against Nowra High, a school that is twice the size of ours.

In the representative scene, 12 of our boys made the CSSA team including Jacob and Lachlan Barnes, Dane Bowen, Jesse Heslehurst, Samuel Orr and Lloyd Herron. In the U16’s, Harry Vaughan, Tristan Craig, Jackson Forde, Connor Willmott, Thomas Turpin and Toby Payne made the CSSA team. Special mention goes to Dane Bowen, Jacob Barnes, Jesse Heslehurst and Connor Willmott who all made the AICES teams and are playing in the near future at the NSW schools championships.

Games coming up in the near future include the annual Nowra Anglican Vs Shellharbour Anglican clash, the SASSA 7’s, the coast to country cup for the U16’s and U14’s, the AICES Cup for the U15’s and the William Clarke College invitational for the opens. It is a massive year, again. Nominations to tour with the Nowra Anglican Rugby squad to New Zealand in 2016 are also closing very soon with only a few places left to be taken. 2016 looks to be another major year.

In the coaching scene we welcome Mr. Baker who is coaching the U14’s while Mr. Toole continues in his 6th year as rugby coordinator while coaching the u16’s and opens.
**JUNIOR SCHOOL NEWS**

This week Brainstorm Productions came to NAC to present a show about cyber bullying which most parents would agree is an increasing concern in our digital age.

Saving Lil and Archie looks at the reasons why some children bully and make mistakes when using technology and why other children suffer in silence. It looks at emotional health and how we can curb our anger and fear.

The play encouraged our students to listen to their teachers and parents instructions and make positive responsible connections at school and on the internet. The message is clear: Get at least nine hours sleep every night.

Talk about your emotions and get some fresh air and exercise. If you read or see something negative or nasty online, then log off and tell a trusted adult.

Other advice is to play only age appropriate computer games.

Saving Lil and Archie showed some of the causes and effects of anger, fear, kindness and forgiveness. It demonstrated this by using the story of two robots that don’t follow their leaders instructions. One robot ends up with all the anger and fear and the other is all kindness and forgiveness. It demonstrated this by using the story of two twelve year old children, Bella and Archie.

Kindergarten

Over the course of this year Kindergarten enrolments have continued to grow and we are expecting some additional students in Term 3. So I am very pleased to announce that we have decided to create a second class so that our very big class will become two smaller classes.

Mrs Melea Rainnie, known and loved by many of our children in the Junior School will be teaching the second class called KR. Mrs Rainnie has taught at NAC for many years in various capacities. Before moving to the South Coast she taught at Danebank Anglican School for Girls in Sydney.

Mrs Rainnie is an experienced Kindergarten teacher and indeed, it is her favourite grade. She is particularly passionate about art and her wonderful creativity is always enjoyed by the children.

**Enrolments**

Enrolments across the Junior School have also been growing. Indeed, at the beginning of next term we will be welcoming nine new students across the grades.

Enrolments for 2016 are very strong and I have been conducting many interviews. Places are filling up and are in order of application. Applications are being taken for 2016 and beyond.

Quality teaching and learning are providing our students with the best opportunities to achieve excellence and to really enjoy their learning. As I have visited classrooms this term I have been impressed not only with the students’ written work but with their ability to think outside the box and to express their ideas persuasively and well.

**Junior School Disco**

The Junior School Disco takes place on Tuesday 16 June. It’s a mufti day and children are asked to bring a gold coin donation for our selected charity.

Entry to the disco is $2 and food and drinks are available for sale.

Mrs Susan Pearson

**Semester One Reports**

Semester One reports will be distributed at the end of this term. In an effort to be environmentally conscious, reports will be emailed to families. If, however, you would prefer a ‘hard copy’ of your child’s report please contact the office (4421 7711) so that this can be arranged.

We aim to provide a balanced and comprehensive picture of your child’s overall progress at the College. We encourage you as you read the report with your child to give praise where praise is due and provide encouragement in those areas where your child may be experiencing more difficulty.

**Parent/Teacher Interviews**

At the beginning of next term, you will have the opportunity to discuss your child’s report with their teacher at the Parent/Teacher Evening (Wednesday 15 July). I encourage you to make the time to come in for an interview so that you can discuss your child’s progress and their report in greater detail.

**Holidays**

Over the holidays I would like to encourage our children to enjoy their reading and to read every day. A visit to the local Library is a good routine to establish and provides children with another source of great reading material.

I wish everyone a safe and happy holiday. Term 3 starts on Monday 13 July.

Mrs Susan Pearson
The SASSA cross country was finally held on Tuesday 26th of May. It was a gorgeous day for running at the Willandra cross country course.

The day started well for NAC with all of the girls from the nine years race finishing in the top eleven. Arielle Gomez (2nd), Charlotte Hopperton (3rd) and Sarah-Joy Day all progressed through to the CIS carnival.

In the nine year old boys Thomas Fraser (7th) and Sebastian Vaughan (8th) finished very strongly.

In the ten years girls race Clare Murray, despite having a cold for two weeks powered home to finish 2nd. In the boys, Ian Herne(11th) finished with an excellent time in a very strong age group.

Next up was the eleven years girls race in which Ella Hopperton (4th) and Emily Munn (5th) both ran well and qualified for CIS. The eleven years boys was our best result of the day with Isaac Ball winning in a tight finish and Thomas Maxted finishing 5th to both make it through to CIS.

The final two races of the day were the twelve years girls and boys. The girls race had a very strong field with Georgia Duncan and Lylla Mills the first NAC girls to cross the line. In the boys Alex Lees (3rd) and Toby Huard (6th) both qualified for CIS.

NAC finished third on the day behind St Peters and Shellharbour.

Congratulations to all students who competed on the day.
Year 5 Camp on the Shoalhaven River

In Week 5, our Year 4 students went on their first school camp at Kaloona on the shores of the Shoalhaven River. They were challenged in a range of exciting activities and enjoyed a wonderful outdoor experience.

The students went billy cart racing, bush walking, river cruising, cooked damper around the fire as well as participating in various other activities. For their first time away on camp they showed a lot of courage and had a wonderful time with the youth leaders running the camp. Well done Year 4 on a great 3 days of fun and personal achievements.

Mr Hale
Stage 2 Coordinator

Camp Australia is the After School Care program here at NAC. We operate from 3:15 – 5:30 every afternoon. We provide the children with a nutritious afternoon snack as well as many fun activities including outdoor sports, arts and crafts, cooking, science, construction and puzzles as well as board games all tailored to the interests of the individual children. We also have time each afternoon dedicated to assisting the children with their homework and reading.

Prices for the afternoon sessions start from $21.36 but are subject to childcare rebate leaving parents out of pocket only $6.86 - $10.68 per session. Feel free to contact Maddie directly on 0452 247 779 for any enquiries or concerns or Customer Service on 1300 105 343.

This term, we have focused on celebrations! We have celebrated many birthdays with cake and balloons as well as other occasions such as Mother’s Day, The World’s Biggest Morning Tea and just last week, World Donut Day! The children’s imaginations have really come alive in determining different ways we can celebrate things. We can’t wait for what the last weeks of term will bring!

New Staff

Camp Australia Nowra have welcomed 2 new staff this term to the service

Coordinator:
Maddie Thorncroft
Maddie has a background in childcare and has completed her Certificate III in Children’s Services. She is passionate about working with children and is currently working towards a Bachelor of Education (Primary).

New Staff Member:
Shelly Godbee
Shelly has been working in childcare for around 10 years she has experience in being the coordinator of Gerringong After School Care Program for several years as well as working in preschools. She has Cert IV qualifications in Child Studies, Diploma in Children’s Services, WWCC, Child Protection and First Aid.

Both staff are very excited to be working with the service. Please feel free to come and introduce yourselves.
PRESCHOOL NEWS

Building 3D sculptures: builds resilience, patience, creativity and a discerning eye.

After revisiting photos of our previous Lego sculptures and box sculptures, I offered a challenge to the children. Can we make a box sculpture, to look like our Lego sculpture? The children have been so focused when building with Lego, together, on the mat. They were each given a small handful of bricks and encouraged to design their own mini sculpture. I first demonstrated, with some helpers, how to build a box sculpture, to match my mini Lego sculpture. After morning tea, I set up the workshop. Some children joined me for the challenge. By having children break down their sculpture into different shapes, brings their attention and focus in. We used language such as long, wide, tall, narrow, thin, thick and short, to describe the different attributes, and then the children had to sort through the many boxes, to find just the right one. It is important to use as much language as you can when chatting with and working with children. Did you know, the more words your child is exposed to in the early years, the more successful they are at reading later on? When your child learns to discern the similarities and differences between colours and shapes, they are using the same skills they need to recognize the differences between letters and numerals.

Building 3D sculptures: builds resilience, patience, creativity and a discerning eye.

We will continue to offer experiences like this where children are practicing using their keen sense of observation and ability to discern between different shapes. Offer children the opportunity to draw their 3D sculptures........ 3D to 2D.

“We all use shape as a way of identifying and organizing visual information. Very early, your child begins to make a connection between familiar objects and their shapes. When your child explores different shapes, she is using one of the most basic educational processes: the observation of same and different. This concept provides her with a basic process that she will be able to use in observing, comparing and discussing all she sees and encounters” (Cited in Why Colours and Shapes Matter By Ellen Booth Church http://www.scholastic.com/browse/article.jsp?id=3746476)

Mrs Kate Bramley
Educational Leader
Bomaderry Community Preschool

The 2014 | 2015 Entertainment™ Membership expired 1 June. If you haven’t already purchased a new 2015 | 2016 Entertainment™ Membership, now is the time to do so. Plus, 20% of every Membership we sell contributes toward our fundraising!

ORDER FROM US TODAY

For just $55, you will receive over $20,000 worth of valuable offers in the new 2015 | 2016 NSW South Coast Entertainment™ Membership!

Use just a few of the hundreds of 50% off and 2-for-1 offers, and you’ll more than cover the cost.

You will also receive additional Member-only benefits until 1 June 2016!

The more Entertainment™ Memberships we sell, the more we raise.

Bomaderry Community Pre-School
Po Box 2382 BOMADERRY 2541
Jenn Munn 0244214034

Thank you for your support!
Host Families needed.

Nowra Anglican College will again be hosting Japanese students from Tokyo Ratho High School from 27th July to 3rd August 2015.

Share your lifestyle & home while experiencing an Under culture.

- Daily program (Mon-Fri) organized by an AIU Coordinator at our School.
- Japanese language not necessary
- Normal Australian meals
- A stipend of $30 per night will be given to Host Families to assist with hosting costs.

If you can help for these 7 days or would like further information, please contact:

Ed Jolly on 44214736
Email: suc@alli.com.au

**The position of Group Coordinator is now available for this group.**
**If you are interested, please urgently contact...**

---

**Come and SELL your unwanted stuff at the Car Boot Sale.**

Site fee of $25 goes to support the work of All Saints’ Community Care.
(Sellers retain profits from their sales)

**OR**

**Come and BUY a bargain on the Day!**

20 June 2015
8:30 am - 12 noon
in the carpark of All Saints’ Anglican Church
Plunkett St Nowra

---

Australian Government
Department of Defence

Home Support for ADF Personnel

Family SMART is a face-to-face training program that helps the partners of ADF members to manage their military lifestyle.

Family SMART can help you improve your relationship, understand军事 requirements, and manage the stress of military life. For more information, contact...

---

**AussieHoops.com.au**

**REGISTER NOW AT AUSSIEHOOPS.COM.AU**

Ages 5 - 10
Commerating 17th July 2015
SHOALHAVEN BASKETBALL
Contact: Cheryl Hunter 44213800

---

**NAC NEWS**

20 June 2015
8:30 am - 12 noon
in the carpark of All Saints’ Anglican Church
Plunkett St Nowra

---

All Saints Community Care Inc.
Material Aid for people in crisis
74 Osborne St Nowra. 2541 Ph (02) 44231099
A ministry of All Saints’ Anglican Church Nowra
**Robo Camp**

**Build Some New Friends!**

Students (aged 7+) learn to design, build, and program LEGO® MINDSTORMS® robots – and have a lot of fun in the process!

**Hosted by the University of Wollongong**

(Shoalhaven Campus)

**Bookings Essential:** Email coach@projectb.net.au

Full Information at www.projectb.net.au

- **INTRO to MINDSTORMS®;** July 2 - 3, $130 (Inc. GST)
- **ALIVE!**; July 2 - 3, $160 (Inc. GST)

Presented by Project Bucephalus and sponsored by the University of Wollongong

LEGO® is a registered trademark of the LEGO® Group of companies, which does not sponsor, authorise, or endorse this activity.

---

**VACATION CARE AT COOSH CAMBEWARRA**

At COOSH we provide high quality school holiday care for all primary school children aged between 5 and 12. Our innovative and exciting program includes opportunities for friendship, play, art, music, dance, competitions, cooking, games, sports, excursions and fun for everyone.

Open Monday to Friday 7am-6pm throughout the Easter school holidays.

To receive our winter program, information package and bookings please email Michelle at cooshcambewarra@hotmail.com or call 0419 487 660